

My Horsepower Toolkit



Understanding what gives me energy and what drains it.
Knowing my patterns helps me make choices that support my wellbeing and respect my energy.



What fills my tank

Things that give me energy

- Spending time with horses
- Being outdoors
- Music
- Rest
- Friends and family
- Exercise
- Routine
- Creativity
- Other:



What drains my tank

Things that use a lot of energy

- Crowded places
- Appointments
- Pain/discomfort
- Poor sleep
- Stress/worry
- Social situations
- Travel
- Financial issues
- Other:

Early signs I need to slow down

1.

2.

3.

4.

What helps me recharge

1.

2.

3.

4.

My Personal Reminder

When my energy is low I will try to:

*Looking after
myself helps me
move forward.*

